



Walk to Win

IT'S AS EASY AS  
1-2-3

Walk to Win

# WALKING TRACKING FORM

Place this form in a visible location and update daily.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Age: \_\_\_\_\_

Email: \_\_\_\_\_

**Follow the 1-2-3 and Stick with it!**

Drop off or mail your finished scorecard to any YMCA of the Fox Cities locations, the Oshkosh YMCAs or Calumet County Health Department by December 31, 2011. To be eligible for prizes, you must average 150 minutes per week. Prize drawings to be held in January. Winners will be notified.

September 2011						
Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	
			Total Minutes _____ for September			

October 2011						
Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	Total Minutes _____ for October				

November 2011						
Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			
			Total Minutes _____ for November			

December 2011						
Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
			Total Minutes _____ for December			